

**QC**

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Art enthusiasts unite  
at RegInArt showcase  
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Take a drive to Dundurn  
to see the area's finest  
artisans at work **P. 26**

**WINE WORLD:**

A cocktail wine made  
for the modern drinker  
**P. 30**

# HOW IS EVERYTHING SO FAR?

UNDER CHEF DAVID STRAUB  
F&I IS CHALLENGING EXPECTATIONS  
ONE DELICIOUS DISH AT A TIME **P. 6**



# IN THE CITY

# MAY 15, 2014 — 11:46 A.M.

## Happy mother's day



A goose protects the last egg in her nest as the rest of her brood looks on in a Ripon park. GC PHOTO BY STEVE SCHULZMAN

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Pip Gentry and David owner and chef David Scroab has one of the hottest restaurants in Regina. QC PHOTO BY BRYAN SCHLOSSER

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## # SHARP EATS P. 31



Soler Bert Ravelle uses a wood-fired oven to make his artisan-baked Ravelle's clay starting. 3 am in the morning the first and only the dough ready to bake. QC PHOTO BY BRYAN SCHLOSSER

### CONNECTION:

Information was incorrectly stated in the May 14 "Party in emotion" story. A 40th is an informal party for alumni of youth and is not connected to pow-wow ceremonies. QC revisits the error

## QC COVER PHOTO BY BRYAN SCHLOSSER

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# ON THE SCENE

## #REGINART

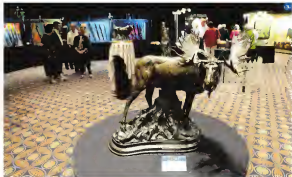
Art enthusiasts gathered at the Connors Arts Centre on May 19 for the first of three days of RegInArt.

The event brought together eight internationally acclaimed Saskatchewan artists to showcase the diversity of their work.

One of the objectives of the event was to actively engage the public, to open conversation between artists and those who may be considering an artistic career path. Artists were on hand to discuss income possibilities, the various forms of art being created and the personal fulfillment an art career has to offer.

RegInArt 2014 showcased glass and metal by Bernting Glass, textile art by Anna Hogart, bronze wildlife sculpture by Howard Lofgren and ceramics by Dale Lauer. Hand-knitted and knobby jewelry by Rachel Melick of Hilborn & Berk, paintings by Val Moller, stone sculpture by Larry Thak and crystalline ceramics by Geryse and Rod Severin.

QC PHOTOS BY DON HEALY



# ON THE SCENE

1. Bob and Penny Latorde look at a piece by Jackie Berting

2. Artist Brad Senear (left) shows a piece from his and his wife Gwynne Senear's collection to Collette Robertson

3. A statue by Richard Luffler

4. Joan Enomko looks at a painting by Val Moler

5. Phyllis Benfield and Dawn Tink look at a piece done by Larry Tink (Dawn's husband)

6. Cindy Taylor (L) and Tom Thoms look at a glass piece by Jackie Berting

7. Artist Anna Hergert on some of her work presented at Regatta Robertson

8. Brad Hest looks at a bronze by Richard Luffler

9. Ken Cameron looks at a piece by James Clark & Danny White

10. Gordon Blasen looks at a sculpture by Larry Tink



# ON THE COVER

I'm obsessed with making sure we make our own product. —David Straub

#CHEF DAVID STRAUB

## An edgy restaurant turns Regina dining on its head

By Natascia Lypny

Chef David Straub sits at a plate on the bar. It's stacked with a charro, lito and queso with corn tortilla chips, lito queso queso and crissped pig ear cracklings. He staff has been busy and struggling to get a taste like ever, a little bit of it.

"It's a testing, not a tasting," David has to remind them.

On this recent Wednesday, Flip Eatery and Drink has closed early. Its shades drawn across the floor-to-ceiling windows looking onto Hamilton Street. The team has assembled to celebrate over a new menu's debut and creative and obscure offerings.

The menu changes with the seasons, challenging Regina's relatively tame culinary scene every spring, summer, fall and winter since 2011.

Behind the food is a Saskatchewan born boy who, as one Flip owner blogger has, has a creative mind "bigger than the world."

\*\*\*\*\*

Flip opens at 11 a.m. weekdays. By noon, the tables are buzzing with downtown Regina's business crowd in suits and dresses, soaking up the sounds emanating from the exposed kitchen behind the bar. Reservations are recommended.

"The open kitchen 'keeps us honest,'" David says.

"It also keeps us accountable: you can't swear, you can't curse, you can't throw things," he jokes.

As a customer, all the dishes you don't order after just one more, and you make a mental note to return — soon.

In his short life, Flip has skyrocketed to the top of the most popular eatery in the Queen City. It's an E. coli outbreak in 2013 that shut it down for nine days didn't scare people away for long. (The source was never determined.) The same year it won People's Best New Restaurant award and just added best business lunch, but more recent



David Straub and his wife and business partner Jackie Straub who grew up in rural Saskatchewan, driven on creating unique dishes at Flip. QC reports by: NATASCIA LYPNY

tion and best chef. Its menu has also netted David a spot in the illustrious Gold Medal Plates culinary competition in November.

Flip's reception was a case of the pieces just falling together:

The owner of Aardvark Tavern, whose

ground-level heaven Flip, Salt Food, Roadside (in specialty grains) and Atlanta Caffe, was looking for a business to fill an empty space on Hamilton Street. He sought advice from Tim Martin and Abbey Delaney, the couple behind the popular cafe.

Martin knew David was looking for an "appropriate outlet" for his cooking.

Flip went through a handful of tough iterations before its dawn opened. The same comes from an initial plan for a burger joint.

Then came the idea to "flip" the menu at night by offering extreme versions of lunch items.

It ended up serving what David calls North American comfort food, with a twist, of course — many of them.

I kind of had free rein on doing whatever I wanted to do and people were very receptive of it. It was maybe a little ahead of its time for Regina, which I think is good. — David

David, 39, was born in Fresno a village of 200 a half-hour drive west of Regina, on a grain farm that's a boon to the family for generations. He is the second youngest in a family of five, all other eaters.

As a child, he would play G.I. Joe with his "neighbour" — the kid living on the nearest farm some five kilometres away — then they would return to his place to bake cookies.

David's farm upbringing would seep its way into his approach to cooking. It would also threaten to wrench David away from his culinary career before it even began.

Rabbit is the star of this menu: no plates David, a self-labeled carnivore. It's also the focus of the menu, says one of Flap's 12 wait staff, as their chef

whips out the most menu items for some plating rabbit for some.

Boosted rabbit saddle steaks as well. David strives to use every part of an animal in his menus. For rabbit, rabbit steaks but also to lure people's taste away from the expected, the chicken breasts, the steaks, the fish & lots.

He's also adamant about making all ingredients in house (except for his ome, which requires too much space). Salt, a 600 square-foot beef house around the corner on Victoria Avenue, sold fresh meats, pickled vegetables and condiments. It opened in June 2013 as a natural extension of Flap out at the restaurant, then first elements of your meal at Salt to enjoy at home. Its menu product, homemade hot dogs, is sold in hexagonal bottles that will also appear on every Flap table.

"I'm obsessed with making sure we make our own products," says David. *(Continued on Page 8)*



Chef David Strauss running a kitchen at Flap, where he incubates staff to the season's new menu. *QC PHOTO BY DON HEAVY*

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LEADER POST

**ALEX AND ANI**  
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People are here because they're interested in what we're doing and they want to learn something new and something that they haven't seen before. — Jackie Straub

As the new dishes trickle out from the kitchen, David walks his staff through every meal in minute detail, from the ingredients and possible dietary concerns to recommendations of how to tackle eating some of the more exotic items like a creamed eel on the side. Staff have been provided with a packet of information to study (a quiz will take place a week later) that details, among many things, the health benefits of mink. "People are here because they're interested in what we're doing," says Jackie Straub, David's wife and business partner. "and they want to learn something new and something that they haven't seen before."

As for the long, evening waitlines, the staff got distracted and weighed down by food. David tries to keep their attention with a stern but non-retaliating plea.

"I give people chances and I'm a pretty forgiving boss," he says. "I make it clear I make them want to be here."

\*\*\*\*\*

David's first experience as a chef in wasn't whipping up dishes but washing them. In 1987, his parents insisted he get a "real job" during the farming off-season. One of his sisters was working at Donbary's, a restaurant that occupied what is now Cove on Victoria Avenue, a hop and skip from where he would open Flap.

My first experience of him was that he probably shouldn't be washing dishes," said Judy Wolford, who worked there as the head chef.

Wolford and David expressed an interest in the food side of the business from the get-go. It wasn't long before he asked for a promotion to line cook.

Midway through his time at Donbary's, David enrolled in cooking school at Glenora College in Victoria, B.C., where he would pick up traditional French techniques. Back at Donbary's, he absorbed headship skills from Wolford — another lesson not repeated.

Despite his ambition, Wolford would lose David for months at a time when he returned to Prince to help during the planting and harvest

season. He was torn between the importance that he would one day run the family farm and his passion for cooking.

Four restaurants later, cooking triumphed. At 41 years old, David moved into a head chef position at Punta Prieta, which was opened by his friend John Kessler. It was there he would meet Martin, who was working as a waiter. Martin, Davidson David's cooking evolution over the dozen years he's known him as the difference between chugging an order for the first time to the umpteenth time.

"You're still eating an omeur but it becomes so much more refined."

Two and a half years later, David opened Mago, which allowed the fledgling chef to develop his own culinary style and to acquire business skills.

"As a chef, you have and own what you do but as an owner, there's an other level of responsibility that you have because it is your baby and you want to see your baby grow," he says.

That doesn't mean David was content with his menu choices. He began carving and exploring different cuts of meat. He also pushed his diners to chew down an entire piece.

"I kind of had free reign on doing whatever I wanted to do and people were very forgiving of it," he says. "It was maybe a little ahead of its time for Regina, which I think is good."

But David would have to yank back on his adventurous taste when he associated with Kessler to open Donbary. His family history reared its head once. "You had to be a lot of restraint in making menus."

It did serve to isolate him from general rule and demand. David once also chose to Flap. There he met his future wife, who was working as a waitress.

"He was always a good leader," says Jackie. "This didn't want to be made a mistake, but it wasn't because he was going to learn a thing out of you, it was because — well, maybe in my case because I had a crush on him."

The pair tied the knot in July 2013. Jackie works as a business manager at Flap, and still craves on the chef.



A sampling of the food prepared and the ingredients used at Flap Eatery and Drink. JP Photo by Kristina Jones/JP



He does what he does because he loves it and because he believes in it and it's part of who he is, not because he has something to prove to somebody. — Jackie



David Schaub is working to revitalize Regina's downtown culinary scene. (COURTESY OF REGINA'S)

"I don't know anybody who is as hardworking and humble at the same time as he is. He does what he does because he loves it and because he believes in it and it's part of who he is, not because he has something to prove to somebody."

♦ ♦ ♦ ♦

In Reg's, where many meals are served on crystal-sequencing hand plates delivered to tables in baskets, Flig's three walls of windows and open layout certainly caught people off guard.

"I think that was kind of a testament to how ahead-of-the-curve the mentality of Regina was," says Martin.

One of the most frequent comments the restaurant receives is that clientele don't feel like they're in Regina when they eat there.

That's particularly true Thursday nights, when Flig is one of Regina's few downtown establishments that's open until late. Food is

served until 1 a.m. and you'll only be locked out one hour later. As with its menus, Flig's schedule is trying to recover what downtown Regina's culinary scene could be.

"We started a conversation, to what I think really happened," says Martin, who like Walcott paints Regina as a decade behind other Canadian cities in terms of culinary trends. He says Flig has brought Regina doors out of their comfort zone and raised their culinary expectations.

"The more places that are doing their own thing the better and the stronger our culinary community is going to be," agrees Jackie.

"The Flig team will be building that excitement in the city when the downtown place to open a brew pub downtown."

"Whether Regina was ready for it or not, we're here," says Martin, "and Dave's in their face."

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# MUSIC

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# SASKATOON FIDDLE ORCHESTRA

## A decade of fiddling



The Saskatoon Fiddle Orchestra's 10th anniversary concert is May 24 at Saskatoon's Broadway Theatre and will feature new string performances by fiddling legends and newcomers. (PHOTO BY GARY WILSON)

By Sean Tremblath

Infatuated with her friends who shared a love of fiddle music, Marjorie Davidson and Peggy Slater-Johnson were just looking for some other people to play with. Now the Saskatoon Fiddle Orchestra is growing up for a decade from 15 years in the making.

In early 2004, the two played as well as some local newspapers looking for fiddlers who might want to play in an orchestra. They wanted anyone interested to come to a first practice in Peggy's living room.

"We had no idea what kind of pick-up there would be. We said 'It's just going to be you and I.' Then we saw people coming in," Marjorie says.

They drew a kind of right people to that first rehearsal. Eighteen people showed, and it felt it was tough to even find things to play.

"Even trying to find fiddle music for an orchestra to play was a challenge," Peggy says. She managed to find a few pieces on the Internet, and they were all:



The Saskatoon Fiddle Orchestra was started by Marjorie Davidson and Peggy Slater-Johnson. It quickly grew to a large group.

The rehearsal went well. Within a few months, word of mouth had led beyond their numbers to 44 fiddlers. The living room wasn't big enough any more.

They even played a few shows that first year although looking back, the first laugh about them.

"We had no idea what the heck we

were doing," Marjorie says.

Even so they knew right away the orchestra was here to stay.

"To me, it's just great seeing people listening to the music, shopping along, maybe dancing," Peggy says. "Things have changed, and the group has matured. As the years went on, the orchestra grew, their annual

showcase concert got better and better. They're now up to 34 fiddlers and an backing musicians.

"We raise the bar every year," Marjorie says.

As they played for more and more people, and recruited new fiddlers, they are freshening the amount of love Saskatchewan has for the style of music.

Before we started the SF/O, I didn't really hear about fiddlers. I was not immersed in the fiddle world. But it exists," Marjorie says.

For the 10th anniversary they're going bigger than ever before. The show, on May 24 at the Broadway Theatre, will feature Mike Fiddling leg and John Arundel, who was awarded the Order of Canada in 2008, and Rex and Laraine, a legendary fiddle player, composer and teacher.

The program will feature some songs they've been playing for years and others that are brand new.

"There's certain core pieces that we always play because we know they're fiddle literature. We try to

bring in some music some other cultures. Then we also try to bring in some music from other countries that really aren't as well known," Peggy says.

They're also bringing in dancers from several local groups, something Marjorie is especially excited about thanks to her experience in French Canadian dance being what got her into fiddling in the first place.

"I always thought they sounded so good, and I always said I wanted to learn how to play French Canadian music on the fiddle," she says.

To top it off, the orchestra will be releasing their first ever album, a collection of recordings from the past three annual concerts.

With 15 years under their belts the two say the group is just getting started.

There's so many beautiful tunes out there, I don't think we'll ever run out. It's going to be around as long as there's people willing to play.

slaterjohn@broadwaytheatre.com  
facebook.com/sfocoregina

**2014 REGINA**  
**SPRING/SUMMER**

*Activity*  
**PLANNER**

LEADER-POST

## Keep your kids writing — and thinking — this summer

**[Q]** — Earlier this year, a letter sent by child to the LEGO toy company went viral. The young girl, Charlotte, complimented about the lack of opportunities for the LEGO girls available at her local toy store, the notion that the girl figures only sat the beach and the shops, while LEGO boys have interesting jobs and even save lives. LEGO went back, looking to the story's next appeal and confirming for Charlotte that her questions were worthy of a response.

Why are we so pleasantly surprised when a child chooses to speak up? Children have a whole lot more of what's "his" or "hers" or "theirs." Email, Twitter and Facebook provide endless opportunities for any child who can spell to ask questions of companies, organizations and governments.

Here are five ways to get your children thinking (and writing) about today's summer.

**Help them feel heard.** If a child feels something they see is unfair, encourage them to share more about those feelings. It doesn't have to be global warming. Charlotte's concern was simple, personal and right in front of her.

**Ask them questions.** Don't end the conversation with "Yes, that's sad." There are many things to wonder about to prompt "I wonder who made the decision for this to happen?" or "How do you think it's hurting him?" are great ways to keep them thinking.

**Encourage them to write.** Some questions you can answer: where you can't? Help your child figure out who would be best to write to, like a big company, a company that's polluting the lake, or your municipal government?

**Prize them for speaking up.** Writing to a group of unknown adults can take courage, and your child deserves praise for taking the step.

**Readers their feelings.** Share appropriate news stories and letters with them. They may express an interest in having their letters read.

**Join a worldwide org.** or children who work to make our children or children better worldwide.

You may receive more from you designed for the end time you receive a badge, but you'll certainly be impressed with their argument and more news needs come.

## Decreasing family screen time

**[M]** — Smartphones and tablets appear to have staying power. The First Research Center estimates that smartphone penetration has surpassed the 50 per cent mark among mobile workers. Many others are still using tablets to access e-books, television shows, movies and magazines. In mobile screen hours, television is still king. According to a 2012 Nielsen report, the average American over the age of two spends more than 10 hours a week, or more than four hours per day, watching live or recorded.

Screen time can be fun and it can be educational. A growing body of research in front of computers and video game consoles can lead to poor health. Of the leading health-related countries, the United States has the highest obesity statistics, and Canada is not far behind. Obesity can impact cholesterol, cardiovascular health, and risk for Type 2 diabetes and risk for stroke.

Decreasing screen time can be hard to do up and doing. Screen time can impact a person's ability to focus, and negatively affect a person's performance at school or work. Getting a family active and reducing time spent in front of a screen can have profound effects, and reducing screen time doesn't have to be difficult.

**Gradually implement changes.** Families interested in electronic devices can cut down on screen time slowly and over the course of several weeks rather than trying to cut everything. Start by reducing time spent watching television or playing video games by one hour per week, and gradually reduce time spent devoted to such activities as the evening wears.

**Hide devices.** The more, "out of sight, out of mind" can work with respect to digital devices. If tablets or smartphones are hidden away, family members may feel less inclined to reach for them at any given time. Just as you wouldn't stock your pantry full of fattening foods while trying to lose weight, don't make digital devices readily available all throughout the day.

**Keep televisions out of the bedroom.** Children who have televisions in their bedrooms tend to watch an additional 30 minutes of programming per day on those who do not have televisions in their rooms. Keep the television in a shared area of the house so that time spent watching the TV can be monitored and adjusted.

**Establish guidelines.** Set firm limits on how much screen time will be allowed per day and stick with it. Adults can lead by example.

**Plan more family activities.** Families can easily give time to time spent in front of the Internet or channel surfing. Parents should have a variety of ideas at the ready that promote active family time. Neighborhood walks or jogging around a baseball field are good, enjoyable activities that can back on time spent being sedentary. Encourage indoor activities, such as puzzles or board games. If the weather is hot, try swimming.

**Be consistent.** Do not throw in the towel too soon. Families should stand their ground when attempting to decrease their screen time in favour of healthier activities.



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# Looking For An Alternative To Mainstream K-8 Education?



**Prairie Sky School is a Qualified Independent School (QIS) in Regina, Sk.**

## Expand your child's horizons with Prairie Sky School

For those looking for an alternative to the public school system, it often seems that Catholic schools are the only option. The truth is there isn't so Regina's Prairie Sky School is happy to provide non-religious education to students in Kindergarten to Grade Eight.

"Prairie Sky School is an independent Nature and Art based Kindergarten to Grade Eight School offering the Saskatchewan Curriculum inspired by Waldorf and Reggio Pedagogy," said Prairie Sky Principal Carry Moriarty. "Our physical environment is calm, open, and home-inspired, with many natural materials, related colours, and green growing things. Our curriculum is delivered in a multi-age context and we integrate all subjects in concept-based units in order to teach holistically (mind-disciplines) rather than isolating each subject into separate short periods."

For those unaware of Waldorf and Reggio Pedagogy, the focus is simple. Waldorf is based on integrating mind, body, and spirit in the learning process. Imagination is encouraged as opposed to shut down in the learning path. Bringing together practical, real-life skills and theoretical and intellectual learning, often allows the child to be more excited about going to school each day.

As for Reggio, the focus is on self-directed learning within a guided environment. The staff at Prairie Sky School recognizes that their students are capable, knowledgeable, and curious beings.

"Projects are student-led and interdisciplinary. Daily experiences are celebrated and examined deeply with student understanding expressed using the 'hundred languages' of children," Moriarty explained. "Care values include relationship building and fostering an ethic of care."

With small class sizes, no student is ignored or put to the side. In public schools it is often possible for the struggling students or misbehavers to capture the majority of the attention of the teacher, with Prairie Sky School, each child is included equally.

Founded in 2008, the vision and goals of Prairie Sky School staff and board members have remained intact.

"Our Kindergarten is a gentle introduction to schooling, honouring this significant transition in a child's life. Nature is an integral part of the learning environment, from extensive outdoor play and exploration to bringing nature into the classroom. Many 'languages' of expression are used in the Kindergarten to help students express their understanding of the world around them. Daily rhythms celebrated in our Kindergarten are baking, making soap, doing the washing, gardening, painting, music, drama, and creative play," she said. "In Grades 1-8 we create an environment where children learn through, about, and in nature and art. Students spend a significant amount of time outdoors and in the community, and have access to performance and visual art needs of expression in nearly all of their experiences."

In the coming year, Prairie Sky School will welcome an increase in staff, allowing teachers to focus strictly on the work of teaching.

As for the future, she hopes to grow both student and staff size, ensuring that the ratio remains under 16:1.

For those wishing to apply for the 2014/15 school year, registration has now begun. All students from Kindergarten to Grade 8 are welcome to apply. Parents can apply online or visit the school at 3233 Argyle Road.

The school even holds summer camps for those wishing to continue the learning year round. The themed weekly day camps encourage creativity, learning and of course enjoyment.

For more information regarding enrollment at Prairie Sky School or about the summer camp, visit [www.prairieskyschool.net](http://www.prairieskyschool.net).

"Prairie Sky School is just a school, preparing students for the world. We are just awakes, holistic, community-institution focused, with intention towards too literacy and artistic expression," she said. "And all of this topped off with large amounts of joy, freedom, creativity, and love," concluded the Principal.



**Open House Thursday June 19th**

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## Replace old photo albums with a dazzling published book

By Jane Stokes

[N]ot instead of storing photos online or random onto the pages of an album—or forgetting what an image you have at the back of your computer—now you can produce a beautiful hard-back book to last for centuries. With Book Builder's Day and Fisher's Day just around the corner, this gift idea could make their eyes pop.

"Due to availability of certain digital books today means you don't need to hand out expensive publisher systems to produce a professional quality book," said Jane Stokes, the president and founder of Book.ca, a leader in online publishing services. "Our website provides the templates free of charge, and for anyone with a few desktop publishing skills, the end result can be quite stunning."

Your parents, for example, will see their kids like to create slow as a glamorous quality—perhaps starting with a full-sized one of them in the front cover—and even the inclusion of antique photos can be beautifully revived. Unlike on-page after pages, it will be a thrill for them to see one big day of the day they recorded into perpetuity, especially since everyone's photographs will look like a true. Anyone who picks the book

up from your coffee table will think it was produced from a sleek vision.

Begin with a theme like a milestone birthday, a wedding, an anniversary party, or a once-in-a-lifetime vacation trip. A sure bet is a special book that focuses on children or grandchildren, the family pet, or even your mother's own special recipe. Add captions, anecdotes, paragraphs or full chapters of their valued recollections. Help them with a half-minute with lots of photos, illustrations and illustrations to create a gorgeous book for your family for generations to come.

The only expense is the printing and delivery, which is in the range of \$48 to \$80 per book depending on the paper quality chosen—and a book is just a fraction of that cost.

If you can enter any technical difficulties, the web site (Book.ca) will let you work with a professional touch with writing and editing (writeyourbook.com) or with an experienced book designer (bookdesigner.com) you can carry your work in half. Jane Stokes is a freelance writer, editor, and author living in Richmond Hill, Ontario. [www.mccanbooks.com](http://www.mccanbooks.com)

## Finding summer activities with heart

[N]ot if you've saved for kids during summer of break, you know how those 13 weeks can stretch out. But summer is also a wonderful time to learn with your kids, so ways they might not normally have time for. Most of all, they can help someone for something you need, and feel really great about it.

Here are five activities for all kinds of kids.

**The environmentalist.** If your kids want to learn more, volunteer for small business ideas. The classic lemonade stand still leaves many a thirty family on route from the park. Perhaps a portion of the proceeds can be donated to a charity. Have your children research at least three.

**The environmentalist.** Create a way station for migrating monarch butterflies, whose populations are threatened due to loss of natural habitat on their routes. Visit [www.monarchwatch.org](http://www.monarchwatch.org) for resources to learn what to plant in your backyard or a nearby abandoned lot.

**The footballer.** With FIFA World Cup on this summer, many will have access to the Internet. Perhaps your resident soccer man could invite friends to play "The World's Largest Soccer Game" in the local park, to raise funds for soccer equipment for underprivileged kids.

**The friendly neighbor.** Is there an elderly person in your neighborhood, or a senior with a very small child? Summer's a great chance to visit across the road with some baking, to ask how your



son or daughter could help. It's a great chance for your child to practice reading out loud over the summer.

**The caring helper.** Lending is a fit of fair trade: receive a bag of fair-trade sugar, and learn a little cupcake or brownie recipe. After every year, your child's share of the lemonade stand is used as for sale at a lemonade stand, or as she could share what they've learned about child labor. Visit [www.reckitt.com](http://www.reckitt.com) to learn more.

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By Michele Tyndal  
For L.P. Specialty Products

RNC Imagery is Regina's newest provider for event photography services and photo booth rentals. And when it comes to portraits, holiday and event photos and photo booth rentals, RNC Imagery is stepping up the game.

"As photographers, we get to share our expertise in events. We bring out the cameras to capture the little moments at an event, and our clients can instantly view and share the pictures," said photographer Rob Cumberland.

With a suite of services that includes private portraits, Christmas and other event photography, printing, digital files and online galleries, RNC Imagery ensures exceptional photos that can be customized, ready quickly, and available in a variety of mediums.

Now in Regina, the RNC Imagery Photo Booth is sure to add flair to any event. Whenever the gathering is, hosts and guests can share all the memorable moments. Photo Booth rental includes professional, friendly photographers and unique services such as social media integration, viewing stations, online photo galleries and customizable props and backdrops.

"We're brought both form and function to our setup. With its contemporary design, our booth is sure to turn heads at any event," said Cumberland.

Over the years, Regina has been host to a growing number of special events. RNC Imagery recognizes the special moments at these events and wants to preserve and share them. From Santa Claus to summer brides in parks or in photo booths, RNC Imagery is there to capture the memory.

Get more information on RNC Imagery or book your event today at <http://www.mcimagery.com>





## How to increase cycling stamina

**(M1) —** Cycling is a great cardio-strengthening and a fun way to stay in shape. Some people like to work to lose weight and reduce bad consumption, while others like to give their bodies a demanding cardiovascular workout.

Whether in cyclist wants to compete in the next triathlon or wants to keep things a little more laid-back, taking steps to improve stamina is a great way to make the most of a bike ride. Riders who improve their stamina will likely witness marked improvement in their cycling performance as time progresses.

Stamina is the body's ability to endure extended periods of exercise. For example, a person who is new to physical activity may find a relatively brief workout tiring. However, the more they train consistently, the more he or she builds strength and stamina, which will lead to longer workouts. The same logic applies to cycling. At the beginning, cycling more than a certain number of miles may be difficult, and changing an existing routine may seem more challenging. By following a consistent training regimen that builds stamina, cyclists will notice their performance and push their bodies further.

Increasing cycling stamina is not an overnight task, making the long stretches, although that will help. Increasing cycling stamina involves getting your body accustomed to regulating energy around so that it will not get fatigued easily on any given day, but be ready for long distances, whether leisure, marathon runners or triathletes will find it useful to develop stamina. For cyclists, here are five ways to begin:

- **Set a realistic goal.** Newcomers to the sport will not be able to ride dozens of miles without any feelings of fatigue. Establish a weekly goal that gradually increases your total mileage. Instead, setting these goals on how you feel yourself getting stronger and more fit.
- **Gradually increase riding minutes.** In addition to increasing the distance you travel, start increasing the number of days you ride in a week. You may want to start yourself riding several days per week, and doing so for extended periods of time. A good rule of thumb is to increase your distance and speed by about 10 per cent each week. If you're training for a race or working toward a challenging goal.

- **Train in a long ride once a week.** Schedule a weekly long bike ride, perhaps from two to three hours of sustained riding, to challenge your body. Concentrate on the time spent riding, not necessarily how fast or hard you're riding. According to John Hughes, director of the Silver Mountain Cycling Association, you can gradually add more long rides as you become more comfortable.
- **Train with others.** Riding with others can keep you motivated and provide a healthy dose of competition to push you harder.
- **Take care of your body.** Triathlete, co-founder of Road like City, says you must pay special attention to your dietary intake to improve stamina. You may need to increase carbohydrate intake and staying hydrated is essential. Taking proper hydration and energy bars while riding may also help sustain energy levels.
- **Plan for rest.** Injuries can result when you push your body too far, more days during the week when you rest and recuperate. If you ever are unable to go, stop cycling and take time to recover.

These tips can be used by riders of varying abilities, whether you are training for a race or simply want to get more out of recreational cycling.



## Make your next movie a comedy

**(M1) —** Watching movies that make you laugh is actually good for you. Stress experts are convinced it's the positive health benefits of laughter — and as it turns out, you'll have more energy, especially if you're sharing the comedy with a friend, may be the most significant and enjoyable benefit. It's all about how we feel after a good laugh. There's the emotional pleasure of having fun, especially at someone else's expense. Laughter also causes positive things to happen in our heads and bodies, such as reducing stress hormones and increasing our level of endorphins, which help build up immunity to disease.

Funny moments are also worth sharing with friends and family. Putting everyone around you in a positive mood reduces their stress levels and creates an atmosphere that is lively and enjoyable.

This comedy gets a physical workout, as well, when you laugh. Not only do the muscles in your face get exercised,

but you're also exercising your heart and breathing. Laughter takes our minds off negative emotions — and it even gives our skin a workout.

You know, however, that we don't get enough laughter in our day-to-day lives? How do we have found that on average, adults laugh as little as 15 times a day, which is certainly less than the amount needed. So why not make a pledge to set up a regular movie night in the company of a great comedy?

"It's going to make a big difference in the way you live," said Ron Gluck, the Coating Manager for Motion Canada, a leading source in movie rentals. "We always use a strong dose for those that exist and are generally happy. Comedies also appeal to all ages, making them ideal for family viewing."

Check out that list below will give you a ready crop of fun DVD titles for \$9.98 a pop. You can find them online at redbox.ca, or at a nearby bank.

[www.motioncanada.com](http://www.motioncanada.com)



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## Lost Math Skills This Summer? Don't Count On It.

*Keep math skills sharp this summer with Oxford Learning*

The concept of summer learning loss is not new—decades of research and studies have shown that students who don't participate in some form of knowledge acquisition over the summer lose academic momentum and put themselves at risk of falling behind and widening the achievement gap.

While summer learning loss has been shown to affect all areas, math skills are the hardest hit. For the most part, students will have some exposure to reading over the summer break, but not all students will have occasion to continue to develop their math skills.

In Canada, math continues to be one of the toughest subjects for students and parents alike. International testing shows that Canadian math performance is dropping, and attempts to bolster students' overall math scores with new approaches to curriculum are failing. Parents are signing petitions and spearheading campaigns to opt out of standardized math instruction and avoid the too-familiar math homework battles that affect households across the country.

Math literacy (also called numeracy) is made up of many concepts, and it takes years to be able to understand and use these concepts effectively. If students are weak in

the basic concepts—addition, subtraction, multiplication, division—the chance of them becoming strong in the more complex concepts is very slim. Math is also cumulative: one skill building on the concepts of the previous one, so if students have a weak understanding of one concept, that uncertainty will follow them as new concepts are introduced.

The summer learning loss to the problem by causing students' understanding of math concepts already understood to weaken. However, by simply maintaining academic momentum and continuing to develop math skills over the summer, students can easily reverse this problem.

According to Janet Klassen of Oxford Learning Regina, students need to stop thinking of math as something that they will only use in the classroom.

"Math is everywhere and it is used in everyday life from cooking, to fitness, home decor, landscaping, nursing, driving, even art."

She also recommends that students take a course over the summer months to help them maintain their skills and catch up, or get ahead for next year, while developing math literacy outside of a formal learning environment.

"Summer is a great time to understand the practical applications of math outside the classroom, and start seeing the real ways that math skills are used in our day-to-day lives."

For instance:

- In cooking: If a cup is smaller than 1/3 of a cup.
- In shopping: How much is 35% off of a \$29.99 pair of jeans?
- In baking: Cook a 10 lb. turkey at 45 minutes per pound.
- In Decorating: How much carpet is needed to cover the living room floor?

If your child is not a natural math learner, then the struggle is trying to help your child find the link to the real world that will make math meaningful and relevant. It's a process that can take years, but it's one that is well worth it, because learning math—and strengthening math understanding—doesn't end when school does.

For more information about how Oxford Learning Regina can help your child maintain math skills this summer, contact

**Janet Klassen at Oxford Learning Regina,  
306-790-2000, [regina@oxfordlearning.com](mailto:regina@oxfordlearning.com).**

Pre-K to Grade 12 Reading Writing Math Grammar Study Skills Homework French SAT/ACT Prep

## All Students Need Summer Learning

The research is clear: kids who take a complete break from learning in the summer fall behind. They fall behind in math. They fall behind in reading. They lose school motivation.

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## EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## MUSIC

Wednesday, May 21

**Wednesday Night Folk:**  
Lindsay Walker  
Bullheadier  
3206 Dewdney Ave.

**Way Back Wednesdays**  
with Leanne Cohen  
McNally's, 2226 Dewdney  
Ave.

**Shane Philip**  
Artful Dodger, 1631 11th Ave.

Thursday, May 22

**Hugo Lewis and the News**  
Casino Regine Show  
Lounge  
1880 Saskatchewan Dr.

**Authority Zero, Trenches**  
to Triggers, Solid Doves,  
Black Stars, Almost Allen  
The Exchange, 2431 Eighth  
Ave.

**Bevern the Rivermending,**  
Of Concepts and Kings,  
Bonfire  
The Clubbit/The Exchange,  
2431 Eighth Ave.

**Kristi Lane Sinclair,**  
George Leach, Chris Derksen  
Artful Dodger, 1631 11th Ave.

**Delany Blue, Day Trips, Gibsen Black**  
McNally's, 2226 Dewdney  
Ave.

**Third Degree Blues**  
The Pump, 641 Victoria Ave. E.

Friday, May 23

**Tonyy Emmanuel**  
Performing Arts Centre,  
1677 Angus St.

**Lighthouse**  
Casino Regine Show  
Lounge  
1880 Saskatchewan Dr.

**Big Chill Pickay**  
The Luncheon, 4029 Gordon Rd.

**Method 2 Madness**  
McNally's, 2226 Dewdney  
Ave.

Saturday, May 24

**Third Degree Blues**  
The Pump, 641 Victoria Ave. E.

**Arny Nelson**  
The Luncheon, 4029 Gordon Rd.

**Method 2 Madness**  
McNally's, 2226 Dewdney  
Ave.

**Psychothe Gardening,**  
Planet Saturn, Psychorium  
The Exchange, 2431 Eighth  
Ave.

**Third Degree Blues**  
The Pump, 641 Victoria  
Ave. E.

Sunday, May 25

**Symphony students recital**  
2-3 p.m., Artful Dodger, 1631  
11th Ave.

Monday, May 26

**Monday Night Jazz & Blues: The Doctors**  
Bullheadier  
2206 Dewdney Ave.

**Weekly Drum Circle**  
Instruments provided  
7:30-9 p.m., The Living  
Again Centre, 2028 Doug Dr.  
Call Mike, 306-590-3990

**Open Mic**  
Artful Dodger, 1631 11th Ave.

**Huggatha, Bridegroom,**  
Bills Hills  
The Club at The Exchange,  
2431 Eighth Ave.

Tuesday, May 27

Bill Anderson

**Casino Regine Show Lounge**  
3660 Saskatchewan Dr.

**Deisel O'Donnell**  
Casino Arts Centre  
200 Lakeside Dr.

**Skywell, Hissler Crest,**  
Cardinals Pride  
The Exchange, 2431 Eighth  
Ave.

**Made Jam**  
Artful Dodger, 1631 11th Ave.

**Jordan Klassen, Castle River**  
O'Brien's, 1947 South St.

## VISUAL ART

**Sam Ann Shook: Postcard After Nature**  
Nine miniatures on wood  
and paper.  
Opening Reception: May 21,  
7-9 p.m.  
Until June 28, Myler's Gallery,  
3256 13th Ave.

**Sunday Art Market**  
Every second Sunday, 3:30-7 p.m.  
Cathedral neighbourhood  
Centre, 2903 13th Ave.

**W.J. Webb**  
Until May 29,  
Axiom Gallery, 2266  
Smith St.

**KC Anderson: Birch Bark Ltd.**  
Winnipeg artist KC Anderson  
presents an installation  
of 24 porcelain birch bark  
sculptures  
Until June 8, Sherwood Gallery,  
6121 Roadside Blvd.

**Two Perspectives: Kares Holden and Mel Bolen**  
Through paint, canvas, clay,  
and glass, they interpret  
and share the powerful  
landscapes of Saskatchewan  
Until June 7, Art Gallery of  
Regina, Neil Bellwell Circle Arts  
Centre, 2630 13th Avenue E.



KC Anderson performs at the Casino Regine Show Lounge on Tuesday, 11th March 2014.

## EVENTS

**May Must**

A five-decade retrospective which celebrates the renewed Newfoundland and Labrador art.

**Open and Celebrative** May 23, 7:30 p.m.  
Caribou last tour May 24, 2 p.m.  
Until Aug. 24, MacKenzie Art Gallery, 3475 Albert St.

**Annalee Atkins: we live on the edge of disaster and imagine we are in a musical**

Video installation highlighting the work of Saskatoon filmmaker Annalee Atkins.  
Until June 14, MacKenzie Art Gallery, 3475 Albert St.

**You Are What You Represent: Jeffy De**

New work by Antiochian ink artist Jeffy De.  
Until June 19, The Hague Gallery, Creative City Centre, 1843 Hamilton St.

**Who's Afraid of Purple, Orange and Green?**

The formalist esthetics of the modernist movement of the 1920s are being reconsidered by female Canadian artists at various stages of their careers. This group exhibition brings together new works by artists from across Canada.  
Until June 20, Dunlop Art Gallery — Central Branch, 2331 12th Ave.

**Joy Walker: Untitled**

Toronto artist Joy Walker's unique work for Central Library's new fabric-facing windows explores line, geometry, pattern and elements of chance using various media.  
Until June 20, 20th, Central Branch, 2331 12th Ave.

**Sweet Tooth**

With a seemingly light-hearted appeal to art, Jennifer Little brings a level of serious contemplation about the moments and experiences that resonate through our lives.  
Until June 29, Slats Fine Art Gallery, 2576 Halfway St.



Mary Peart's work is the subject of a new exhibition at the MacKenzie Art Gallery. PHOTO: MIRA HILBERT

**Exposure of Place: The Art of Scott Nicholson**

Five Arts  
New exhibitions quarterly  
Until July 31, Regina Centre Crossing, 1628 Albert St.

**Art in Bloom**

Works offer a variety of texture, colours, patterns, and materials.  
Until Aug. 24, MacKenzie Art Gallery, 3475 Albert St.

— MacKenzie Gallery

2445 Albert St. Open Tuesday to Saturday, 10 a.m. - 6 p.m.

**DeKlondike and Fine Arts**

Oil and ink paintings by Christine artists Linxiao Jiang and Huxley Tim.  
2312 Smith St. Open Monday to Saturday, 10 a.m. - 5 p.m.

**COMEDY****Pass the Hat**

May 23, 8 p.m.  
The Club at the Exchange

2431 Eighth Ave

**Darryl Kozman comedy**

May 23  
Artful Design, 1031 11th Ave

**Crab Comedies**

May 24  
Artful Design, 1031 11th Ave

**The Laugh Shop**

Live standup every Saturday night, 9:30 a.m.  
Riverside Hotel, 1018 Victoria Ave

**# PERFORMANCE****How to Give Feedback**

Workshop for poets and performers.  
Every Thursday, 5-6 p.m.  
Creative City Centre, 1843 Hamilton St.

**Holler on the Roof**

Regina Lyric Musical Theatre  
May 21-25  
Mosaic Centre, U of R

**Youth Ballet**

At Seven Lake and Dreams — May 24, 7:30 p.m.  
Stories From Our Childhood — May 25, 2 p.m.  
Genesis Arts Centre, 200 Lakeshore Dr.

**Spring Festival of New Plays**

May 26-31  
Rosedale Centre, U of R

**Ventriloquist: The Sounds of Music**

Until June 13.  
Appelton Theatre, Beaver Level, 1975 Broad St.

**# DANCING****Regina Ballroom Dancing**

Club Dance  
May 24, 7:30-10:45 p.m.  
Lakeside United Church Hall, 3200 MacCallum Ave.

**Let's Dance Party**

Every Sunday  
McNally's, 2220 Dewdney Ave.

**# FOR FAMILIES****Stare and Stalkers**

Wednesday, 5 p.m.  
Crescent Cinema Southland Mall, 3025 Gordon Rd.

**Take a Difference**

Central Bellinghoush Behind, spread kindness with a colour.  
Wednesday, 5-7 p.m.  
Sweet Ambrosia Bookhouse, 230 Winnipeg St. N.

**Drop In Indoor Playground**

Friday, 9-11:30 a.m.

South Leisure Centre, 110 Sunset Dr.

**Mom and Tot Bond Meetings**

Hosted by Kate Murray, 300-210-2518.  
Friday, 10-11:30 a.m.  
Early Learning Family Centre, Scott College, 3350 7th Ave.

**Build and Grow Clinics**

Build a special feature project for children age 5 and up.  
Saturday, 10 a.m.  
Lewins, 4555 Gordon Rd.

**Family Favourite Films**

Enjoy a favourite film for just \$2.99.  
Saturday, 2 p.m.  
Galaxy Cinema, 420 McDermott Blvd. N.

**The Client Bookstore: A Community Arts Project**

Point artwork like the back spine of your choice for a super-sized outdoor bookshelf.  
May 24, 5-7 p.m.  
HPL, Glenhead branch, 6121 Hochschild Blvd.

**RCMP Heritage Centre Birthday Celebration**

May 24, 1-4 p.m.  
RCMP Heritage Centre, 5667 Dewdney Ave.

**Family activities**

Saturday and Sunday, 2 p.m.  
Saskatchewan Science Centre, 2993 Pemmicon Ave.

**Family Studio Sundays**

Sunday, 2-4 p.m.  
MacKenzie Art Gallery, 3475 Albert St.

**Parent and Preschooler**

Jungle Gym  
Monday, 9:30-11 a.m.  
At Mosaic Family Wellness Centre, 444 14th Ave.

**Members of Pre-Schoolers (MOPS)**

Rosewood Park Alliance  
Contact, mops@rosewood-park.ca

# EVENTS

## Science Time for Kids

Interactive workshop aimed at early learners.  
Tuesday, 9:30-10 a.m.  
Powershow Science Centre, 2903 Powershow Dr.

## Mayor's Meeting

3:00 p.m. (approx.)  
City of Kelowna, 1000 Lakeshore Blvd. E.

## Regina Newsroom Club

Regina Newsroom Club, 1000 Lakeshore Blvd. E.

## Time Out For Parents

At Ritchie Family Wellness Centre, 2300 Lakeshore Blvd. E., 1000 Lakeshore Blvd. E.

## Y's Men's Group

YMCA, 3400 13th Ave., 306-757-9623

## Y's Men's Group for Multiple

YMCA, 3400 13th Ave., 306-757-9623

## YMCA Regina

3400 13th Ave., 306-757-9623

## # MUSUMS

Allen Young School Museum, 1000 Lakeshore Blvd. E., 1000 Lakeshore Blvd. E.

## Civic Museum of Regina

1000 Lakeshore Blvd. E., 1000 Lakeshore Blvd. E.

## Government House Museum & Heritage Property

4507 Dewdney Ave., 306-757-9623

## WCMF Heritage Centre

4507 Dewdney Ave., 306-757-9623

## Regina Firefighters Museum

1200 Ross Ave., 306-757-9623

## Regina Firefighters Museum

1200 Ross Ave., 306-757-9623

## Saskatchewan Military Museum

1000 Lakeshore Blvd. E., 1000 Lakeshore Blvd. E.

## Saskatchewan Science Centre

2903 Powershow Dr., 306-757-9623

## Saskatchewan Sports Hall of Fame

2300 Victoria Ave., 306-757-9623

## # CATHEDRAL VILLAGE ARTS FESTIVAL

Wednesday, May 21

## Art Reception: David Ann Shook

Shook's latest collection of artwork

## Every One Affects The World

A new show about the world

## Every One Affects The World

A new show about the world

## Decorative House Plants Workshop

Create a personalized decorative

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777-6008

## Regina Poetry Slam team finale

Regina Poetry Slam team finale

## Are You Mom Enough?

A new show about the world

## Genre Gallery: Yellow Arzyle Art

Hosted by David Saul and students

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Email: mutchmor@mutchmor.ca www.mutchmorlodge.ca

## EVENTS

**Fables of Life in the Cathedral Village**

Meet local fibre artists and the creators of the Community quilt, Fables of Life in the Cathedral Village.  
5-9 p.m. Tedi Ison Handcraft Gallery, 2704 14th Ave.

**Dance Expo**

5-7:30 p.m. Cathedral Neighbourhood Centre, 2900 14th Ave.

**Get Lit: Cabinet and Poetic Exposure**

Four writers perform with music, photography, film, dance and more. Poetic Exposure: Tribal style bellydance blended with music readings.  
7-11 p.m. The Arkle, 2627 13th Ave.

**Pop-up Gallery**

Bring your instrument or favourite art supplies and join local musicians and artists for a jam session.  
7-9 p.m. 2632 1st St.

**Artist Talk: Heather Benning: The Death of the Dollhouse**

A 20-minute documentary on the fiery destruction of her full-size house installation.  
7 p.m. Slide Fine Art Gallery, 2076 Hefner St.

**Live Music**

8-11 p.m. Ace Hotel  
9:30 p.m. FPO  
Holly Dwyer Park Stage, 3631 14th Ave.

**Live Music**

8:30 p.m. Mezzan Nash  
9:30 p.m. 1st Hall  
10:30 p.m. Arkle and the Community Club  
Cathedral Neighbourhood Centre, 2900 14th Ave.

**Fridays, May 23****Screening Under the Steeple**

Short films created by members of the Snake Information Filmmaking Cooperative.  
7 p.m. The Arkle, 2627 13th Ave.



Get dressed up and support a good cause during the RCMP Charity Ball on Saturday at the RBC Heritage Hotel Ball.

**Live Music**

7 p.m. Binder Twins and the Gales  
8 p.m. The Midnight Kooks  
9 p.m. Black Drink Cider  
Holly Dwyer Park Stage, 3631 14th Ave.  
House Age Gaydreas  
Pudubanks is youth company presents their latest dance work, "Mean Age Gaydreas"  
8:30-9:30 p.m. The Arkle, 2627 13th Ave.

**Live Music**

8:30 p.m. Bells to Marrows  
9:30 p.m. Kory Intarsone the Yine Prosser  
10:30 p.m. The Devil's South  
St. Mary's Anglican Church, 3337 13th Ave.

**Live Music**

9 p.m. Timberland  
10 p.m. Brian Warren  
11 p.m. Fortunate Licks  
Cathedral Neighbourhood Centre, 2900 14th Ave.

**Saturday, May 24****Sask. Ice Network Film****Festival**

9:30 a.m.-6 p.m. The Arkle, 2627 13th Ave.

**Street Fair**

10 a.m.-5 p.m. Along 13th Avenue between Angus and Mortimer streets.

**Live Music**

12:30 p.m. Dejan Harding  
1:30 p.m. Jim Wilchick  
2:45 p.m. Mario Lupage  
3 p.m. 2 Queens North  
5 p.m. Tommy John Chivers  
10 p.m. T8 Judd  
11 p.m. Chad Kuchala  
Cathedral Neighbourhood Centre, 2900 14th Ave.

**Live Music**

6:30 p.m. Boss Buttons  
7:30 p.m. Jeffery Straker  
8:45 p.m. Andrew Sims  
Holly Dwyer Park Stage, 3631 14th Ave.

**Live Music**

8:30 p.m. Slim City Pickers  
9:30 p.m. Herb and the Humans

10:30 p.m. The Farnish  
St. Mary's Anglican Church, 3337 13th Ave.

**Live Music**

10:30 p.m. Panda Coon  
10:30 p.m. Gosh Report  
11:30 p.m. Bridge Jazzy  
The Arkle, 2627 13th Ave.

**Sunday, May 25**

Hair of the Dog Café  
Headlined by David MacDonald and Judith Klaus  
1:30-3:30 p.m. The Mercury, 2930 13th Ave.

**OTHER HAPPENINGS**

Regina Farmers' Market  
Wednesday and Saturday 9 a.m.-1 p.m.  
City Square Plaza, downtown

**RCMP Sergeant Majors Parade**

Wednesday, Friday and Monday, 12:45 p.m.  
RCMP Depot Division, 5600 17th Ave.

**Adult Night at the Science Centre**

May 21, 6-9 p.m.  
Saskatchewan Science Centre, 2900 Penderhouse Dr.

**Essential Oils**

Learn the basics of essential oils for health and look at 10 oils that really make a difference in your medicine cabinet.

May 21, 7-8:30 p.m.  
RPL Sunrise Branch, 2900 E. Woodlands Dr.  
Meditation Yoga  
May 21, 7-8:30 p.m.  
RPL Glen Glen Branch, 1601 Dewdney Ave. B

**Twinklenses**

Become a better public speaker. Contact Dave at 366-352-2030.  
Every Saturday, 10-11:30 a.m.  
Knox Metropolitan Church room 105, 234-0 Victoria Ave.

**RCMP Charity Ball**

In support of Creative Kids  
May 24

**RCMP Academy Drill Hall, 8101 Dewdney Ave.****Haller Derby**

Hill O' Bones Derby Club  
May 24, 7 p.m.  
Cattle Carling Club, 2233 Sandra Schermer Way

**French Club**

Practice and improve your practice in French.  
May 24, 10-11:30 a.m.  
U of R Institut Français-Bonanza, second floor Language Institute Building.

**Annual News Bazaar**

Hosted by the Regina Muslim Women's Association. Food, bazaar table, clothing sale and more. Women only.  
May 23, 11:30-5 p.m.  
Glenora Centre, 2626 Dewdney Ave. E.

**Healthcare Career: Live Laugh Learn**

Socialize with other under-40 graduates with a broad career diagnosis who "get" what you're going through, while enjoying an afternoon of education, camaraderie and goodie. Registration required.  
May 23, 3-4 p.m.  
RPL Regent Plaza Branch, 331 Albert St.

**Chewday Challenge**

Drop-in gathering of board game enthusiasts.  
Every Tuesday, 6 a.m.-midnight.  
Barton Plaza, 545 Albert St. W.

**Gardening with Ronal**

Seasons and Borders  
Learn about container gardening and how to garden without breaking the bank.  
Registration required.  
May 21, 7-8 p.m.  
RPL Sunrise Branch, 2900 E. Woodlands Dr.

**Lighting Yoga**

May 21, 7:30-8:30 p.m.  
RPL Central Branch, 2318 13th Ave.



## EVENTS

## FILM

## Gimme Police

May 21  
Artful Dodger, 10:30, 10:55 a.m.

## The Toldies

3 Ninjas Kick Back  
Use commentary for less-than-wa-  
vulent movies hosted by comedian  
Jayden Phelan. Free with a donation to  
the Regina Food Bank  
May 20, 3-4 p.m.  
RPL Film Theatre, 2331 12th Ave.

## Touch of Sin

Drama  
Four independent stories set in  
modern China about random acts of  
violence. With English subtitles

## Web Junkie

Documentary  
In China, the first nation to classify  
web addiction as a clinical diagnosis,

the government attempts to stave  
this "public health threat" via reha-  
bilitation camps where youth are  
subjected to therapy and military-like  
discipline.

## Las Vegas Sicilianos

Regal Opera House  
The French have occupied Sicily, and  
Vincenzo is held hostage by Montfort,  
the French governor, who has had  
his brother executed. She turns to  
the partisan Juan Rodriguez and the  
rebellious patriot Henri in his bid for  
vengeance.

Regal Palace Library Theatre  
2211 12th Ave., 306-777-6304

## Flight of the Butterflies

Documentary  
Join hundreds of millions of but-  
terflies on an amazing journey to a  
remote hideaway in the mountains  
of Mexico

## Kerguel Island Kingdom

Documentary  
Discover Kerguel's famous fairs in  
their natural habitat, including the big  
flea — bats, African elephants, Cape  
buffalo, hippos and black rhinos —  
and giraffes, hippos and cheetahs.  
Meet two fearless young Malawi and  
follow them on their ritual safari.

## Island of Lemurs: Madagascar

Documentary  
Join scientist Patrick Wright on his  
lifelong mission to help endangered  
lemurs survive in the modern world.  
Narrated by Morgan Freeman

Kosher Inn  
2903 Paceshore Dr.  
306-522-6529

## NEW MOVIES

Comedy  
Comedy

Single parents Lauren (Drew Bar-  
rymore) and Jim (Adam Sandler) go  
on a disastrous blind date. Lauren's  
sister had been dating Jim's boss,  
since the relationship is off, so is  
their trip to Africa. She gives her  
ticket to Lauren, who decides to take  
her boys. Meanwhile, Jim calls his  
boss and offers to buy his ticket so  
he can take his daughters. Neither  
realize what the other has done until  
they bump into each other at the  
same luxurious African safari resort  
and have to share a suite

## X-Men: Days of Future Past

Action  
The secret to X-Men: First Class,  
set in an alternate future where  
mutants are hunted by government-  
sentinel robots called Sentinels. The  
X-Men venture back in time to  
1960 stop the Sentinels from con-  
quering North America and saving  
mutants in internment camps. Or

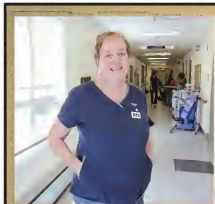
the eve of a feared nuclear holocaust,  
the remaining X-Men send  
Kitty Pryde's (Ellen Page) mind  
backward through time to possess  
the body of her younger self in order  
to prevent a pivotal event in modern  
human history: the assassination of  
Senator Robert Kelly by Hyatt Quayle,  
a newly assembled Brotherhood of  
Evil Mutants.

Dakota Cinemas  
437 McCurdy Blvd. N.  
306-522-3098

Cineplex Odeon  
Southland Mall Cinemas  
3625 Gordon Rd., 306-545-3363

Endless Cinema  
Endless Mike Shopping Centre  
3826 Albert St., 306-269-5260

Event listings are a free community  
service offered by QC. Listings will be  
printed if space permits



**Next week in**  
**QC**  
**Former president of the**  
**Saskatchewan Union of**  
**Nurses Rosalee Longmoore**  
**has dedicated her life to**  
**caring for others**

# DAY TRIPS

Have you been on a perfect Saskatchewan day trip?  
We want to hear about it. Email [QC@leaderpost.com](mailto:QC@leaderpost.com)

## #BLACKSTRAP ART STUDIO TOUR

# Self-drive studio tour a rural adventure

By Edna Manning

When artist and photographer Lucy Weston participated in her first Blackstrap Art Studio Tour in 2013, she was impressed with not only the diversity of talent and creativity in the area, but also how the rural embedded Saskatchewan is a province.

"It brings small town Saskatchewan to the larger community. There are perspectives, ideas and cultural influences in the work produced that offer a special dimension of education to the visitors," she says.

The Blackstrap Art Studio Tour is an annual self-drive tour, showcasing the work of artists and craftspeople in the Blackstrap and Dauphin areas, south and east of Saskatoon.

The tour begins in 2017 with two goals in mind. To provide a venue where local artisans could display their work and an opportunity for visitors to see art in the making with a chance to purchase one of a kind quality, locally produced items.

About 30 participants at five sites will be displaying and demonstrating their work. Painting, pottery, photography, glass blowing, metal sculpting, flame working, quilting, wool spinning, doll-making, stained glass and art restoration will all be represented. Weston says the on-site demonstrations offer educational opportunities for young and old alike.

"It is quite magical to watch glass blow and sculptors at work for 'artistic' "

### BLACKSTRAP ART STUDIO TOUR 2014

5 times a year, from May to September, from 10 a.m. to 5 p.m.

No charge for the event. Food for visitors available at selected sites.

Visitors can follow the usual route to each art studio, or they will be travelling with a guide.

Donations donated by artists will be on display at each site.

For more information, contact Lucy Weston at 306-472-4665 or Lucy.Weston@306-460-2884.



Lucy Weston in the Quaden Arts and Healing Centre. PHOTO BY EDNA MANNING

### LUCY WESTON'S ARTS AND HEALING CENTRE

#### CENTRE

101 Clark Street, Dauphin  
[www.quadenartsandhealing.com](http://www.quadenartsandhealing.com)

Lucy Weston will be displaying a multimedia exhibition in which she combines documentary, travel and locally based photography. She designed the tour's full colour brochure, which includes a map of the area, photos and short explanations of each artist's work.

### DEMYSE KLETTE ART STUDIO

Renowned self-taught painter Demyse Klette has created expansive works for hotels and large companies such as Disney, Canada and The Body Shop Canada.

### DAUPHIN ELEMENTARY SCHOOL

Students at the Dauphin Elementary School will be showing their sculpture, painting, collage, design, mosaics, poetry scrolls and more.



A color wheel from Robert A. Hot Shop. SUBMITTED PHOTO



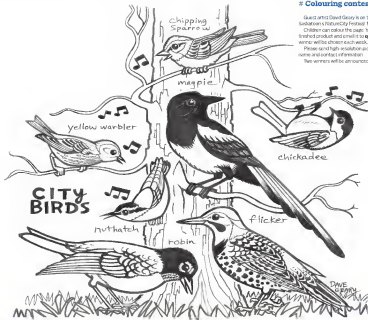
Get one of the many pieces of art you'll find on the Blackstrap Studio Art Tour. The lamp is from Vincent's Hot Shop. SUBMITTED PHOTO



# OUTSIDE THE LINES

## # Colouring contest

Guest artist David Geary is on the upcoming committee of Sudakov's NatureCity Festival May 29-31. Children can colour the page, have a picture taken with the finished product and email it to [gc@leaderpost.com](mailto:gc@leaderpost.com). One winner will be chosen each week. Prizes and high resolution pictures and include the child's name and contact information. Two winners will be announced next week.



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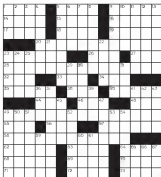


## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Ground  
 5 Cuddly old 8 creature  
 6 Antics about and  
 tape  
 14 ... the  
 15 Kind of our column  
 16 Radio  
 17 Newsweek  
 18 One part  
 19 Pickle to do  
 20 First, unending event  
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 22 Working musical  
 23 War pipe  
 24 What scientists use  
 to protect the rates of  
 chemical reactions  
 25 "Where the Road"  
 (young) unit  
 26 Golf's love  
 27 TV  
 28 Kind of "the odd  
 couple"  
 29 "Easy ..."  
 40 Irish franchise  
 41 Carlos Lombard  
 42



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## WINE WORLD

## # SASKATCHEWAN WINE SCENE

Pirramirra the perfect  
modern cocktail wine

By James Romanow

One of the lesser-known grapes of Bordeaux is Petit Verdot. It is added in very small quantities to the great blends of the French provinces to add a floral bouquet when the wine is mature, and for young fruit flavours, tannin and colour.

However, like Malbec, it is a late ripening variety and these days you are more likely to find it in places like Australia, Argentina and Chile. This will change. The Bérthiaume are replanting vineyards such as Malbec, that they stopped using after the phylloxera plague (also known as the great French wine blight) in the late 1800s.

There are two pure bottles on the shelf in Saskatchewan: Knapton Estate and Pirramirra. Both are worth drinking if you want to avoid the varietal. If you're just looking for a good drink, I recommend the Pirramirra.

The fruit is huge, the tannins strong and the bouquet headily fruity full of esters, smelly like bananas (A more sensitive nose will identify and polish however as perfume) & has enough residual sweetness to pair with modern cuisine from shrimp in coconut milk, to commercial barbecue sauce. The power of the wine is enough to keep the older generation drinking and enjoying themselves while the younger folks get the younger more delicate bouquet.

In short this is probably the perfect modern



wine I find it really tangy over the course of an evening but if you are looking for a very nice cocktail wine you need to drink this one out. It will likely become one of your special occasion wines.

Enjoy it more when served under 30 degrees, so I tend to serve it at refrigerator temperature knowing it will warm to the glass.

Pirramirra Petit Verdot, Australia, 2001  
\$29.95 \*\*\*\*\*

Look for a great local summer wine next week. And many more wines in Monday's paper and on Twitter @jbrnswc.

## Crossword/Sudoku answers

JUMP	EWON	DMARS
AFAR	CORE	HASAT
YOGI	LOBC	DRINE
MAIDEN VOYAGE		
ENCAMP	OAT	GEL
COLLISION THEORY		
ROO	ELS	SEY
UNGER	MAY	DAJAH
DEA	GAS	COO
TOP	OF THE	CEBERG
ODO	FILE	CLONES
TITANIC SINKING		
ADAGE	KNOT	TUFF
LITTER	LATE	ONKIE
STORY	EGAD	NEXT

3	9	4	7	5	1	2	8	6
7	8	6	3	2	4	1	5	9
2	1	5	6	8	9	3	7	4
4	5	1	2	3	6	7	9	8
9	7	3	8	4	5	6	2	1
6	2	8	1	9	7	5	4	3
8	4	7	5	6	3	9	1	2
5	6	9	4	1	2	8	3	7
1	3	2	9	7	8	4	6	5

# SHARP EATS



See a food trend you think deserves a highlight? Email [qc@leaderpost.com](mailto:qc@leaderpost.com) or visit us on Facebook

#SASKATCHEWANFOODTRENDS

## Baking bread the old fashioned way

By Jenn Sharp

Here, Ronky starts his day while the rest of the world is sleeping.

He arrives at the bakery by 3 a.m. to build a fire in the brick oven he uses to bake his bread over the course of seven months. While the fire is heating the oven to a toasty 360 degrees, he forms loaves and pretzels for the day.

There's a problem at the Night Oven Bakery. One morning though, when he was with his wife, Beth Cole. After days of an attempt to bake, the bread, the end, yesterday is not.

Lead indie rock plays in the back ground. It helps Ronky relax as he waits to get the fire hot enough to bake the day's four types of bread.

"Today might be a good one," he smiles with a grin.

That's just the way it can go with artisan bread. Everything from the weather to the way the season is shaped can affect the final product. It's a physically demanding job.

Working, Ronky takes the fire to the oven to heat it in a week.

"I can work. It's engaging," he says.

What's not a wholesale bakery. What's looking to create customers with the process of bread. Part of that is the baker's being engaged.

A group inside the oven's door tells Ronky each section's temperature. He then moves the fire around to get a uniform heat. When the oven is ready, the top of the oven heat down here.

"You can't just throw bread in and take it out. You have to do it in a special pattern when you're heating the bread," explains Ronky.

The process begins with the grain delivered by farmers to the Night Oven's local store. Ancient heritage Red Pike wheat comes from Mike Lattelle, an organic farmer near Vonda.

Ronky is almost finished, building a large stone oven for the wheat. For now, a smaller one is used for the wheat and other grains (rye, barley, spelt, kamut).

The dough is fermented at least 12 hours. Before Ronky's hand, the



Here, Ronky's wood-fired bread is hot. Every morning before sunrise he begins mixing dough, shaping it and shaping it into loaves for the four types of bread he makes at the Night Oven Bakery in Saskatoon. go to [www.nightovenbakery.com](http://www.nightovenbakery.com)

each loaf. He starts to the most basic ingredients on his artisan bread.

"That's my interpretation — if you're not using things to condition the dough and you're not using things to speed up the process — the bread comes out as the flour, water and salt and the environment will determine," he explains.

In a society where goods are expected to be the best, artisan bread's popularity puts some of it in a one-on-one, slow at the Night Oven. Ronky will help in the future as the bread will be ready when the oven is open at 7:30 a.m. for now though, it's just him.

"People get really angry when I don't have bread on time," he says with a chuckle.

But there are also the majority who are willing to wait until 8 a.m. for the first loaf.



His starter is a wild yeast or wild yeast. It's a form of the first one he used 30 years ago. Every morning he feeds it and by noon, it's ready to be used in the dough for the next day's bread.

"It's a joy to bake with 11 minutes really slowly so for this style of bread it's really nice to use."

And by the way there are no gluten.

One option at the Night Oven. Since all the flour is milled on-site, it's impossible to control cross-contamination.

The Night Oven Bakery is located at 6000 1st Ave. N in Saskatoon.

[jsharp@theleaderpost.com](http://jsharp@theleaderpost.com)  
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